

June 2011

# Metro Memo

## "It's The Termites That Bring The House Down"

I was talking with some OA fellows last month, and I used an expression I heard at an OA retreat: "it's the termites that bring the house down". At the time I heard it, I said, termites? house? huh?..... how does this relate to my food issues? I stopped to think about how these itty bitty termites can do so much damage and CAN bring a house down. and I understood how small dishonest (taking one's will back) behaviors with food might lead to "bringing the abstinent house down" or in other words can lead to relapse.

We recommitted that our recovery depends upon rigorous honesty with food! We identified some of the behaviors that we classified as "termitey", and should be avoided if one is willing: Here are some: eating standing up, eating off other people's plates, eating second helpings (or a little more), eating while engaging in activities (reading, computers, TV), opening /closing refrigerator door (just looking!), and this is just in the food category! Termites can get in our program *per se*, in any "room of our recovery house".

Our recovery is contingent upon a conscious daily contact with a higher power of our choosing and our fit spiritual condition. Let's put some OA "bug spray" on those termites, and stay abstinent one day at a time, shall we?

*Marcia L.*



## REGION 6 CONVENTION 2011

OCTOBER 21 – 23, 2011

CROWNE PLAZA HOTEL - White Plains, NY

Visit [WWW.OAREGION6.ORG](http://WWW.OAREGION6.ORG) for Registration info



**EDITORIAL POLICY:** Submissions deadline for next edition is June 27. All submissions when published, will appear with first name and last initial unless otherwise requested. Metro Memo reserves the right to edit submissions for length and clarity. Other OA groups may reprint without permission. We ask that you cite the writer and Metro Memo as your source. The opinions expressed are those of the writer, not those of NY Metro Intergroup or OA as a whole. Please address all submissions and correspondence to Metro Memo via e-mail to: [metromemo@OANYC.org](mailto:metromemo@OANYC.org).

Metro Intergroup

Working for Us

### **Elections Held at Metro Intergroup**

Elections were held last month to fill the next term's positions at NY Metro Intergroup, starting July 2011. Almost all of the positions were filled with COE's who either volunteered, or accepted nominations made by their fellows.

To give you an idea of the many service positions that were filled: A new chair for Metro Intergroup, a vice chair, treasurer, recording secretary and corresponding secretary. Almost all committee chair positions have been filled: publications, outreach, website, special events, R6 convention.

Still open are the **retreat committee chair**, and the **twelfth step within chair**. The Retreat Committee chair organizes and manages the activities for the two annual retreats that OA does. There is a team of committee volunteers who the Chair delegates to, and previous Committee Chairs are always available to pass along information to help. To find out more e-mail [retreat@OANYC.org](mailto:retreat@OANYC.org). The 12th Step Within Chair handles incoming requests for program support, and also has a team of volunteers to assist in that function. To find out more, e-mail [12step@OANYC.org](mailto:12step@OANYC.org).

Doing service beyond the group level is a tool of recovery that many COES have been using for years and years. Consider getting involved or coming to a monthly IG meeting to learn where you might want to get involved.

-Nancy A.



METRO GREATER NEW YORK  
INTERGROUP  
SUMMER RETREAT  
2011

### ***"STEP INTO RECOVERY"***

***June 24-26, 2011***

**The Guest House, Retreat &  
Conference Center, Chester, CT**

Mail registration form,  
or register online, details on

**[www.OANYC.org](http://www.OANYC.org)**

Online registration will close @ midnight on 6/16.  
If you wish to pay by check, you may register via snail  
mail (USPS). Mailed registrations  
must be received by June 13, 2011.

### ***When I'm Struggling, What Helps Me Most Is....***

- ♦ Staying connected – my OA friends love me no matter what!
- ♦ Knowing when and what my next meal is -- it's my safety plan.
- ♦ Asking HP for love, guidance and strength.

-Submitted by fellow OAers

***Seventh Tradition Reminder: Your New York Intergroup, as well as World Service and Region Six, need and appreciate your donations of excess funds .***

# TOOLS

## LITERATURE

### The Book According To Me

The way I've used literature as a tool of recovery is to straighten out my thinking, which can get rather inventive, left on its own. Time and again reading the literature has broken my denial about whether I'm an addict or not, whether compulsive eating is really an issue in my life. Every time I pick up some literature and read about myself, I am amazed all over again about how whoever created these texts, truly understood my situation.

For me, the thinking that gets me off track is extremely self-serving. I can easily retrofit what I feel like doing, into a new interpretation of program, and how I'm going to work it. The next thing I know I'm "having my cake and eating it too". I may go days or weeks hoping that I'll continue to lose weight, or just not gain weight, with my new way of working program. Meanwhile, in the back of my mind, I'm worried that my way of doing things is not working. Then I'll find myself opening the Big Book and read: "Rarely have we seen a person fail who has thoroughly followed our path," and I'll be catapulted back to reality. The literature has once again, reminded me of who I am, and what I need to do to remain in my recovery. If I want what the founders had, I need to read the instructions, and do what they did.

-Nancy A.

### *A Promise: "That feeling of uselessness and self pity will disappear"*

I was a compulsive overeater with uncontrolled emotions. I would lie on the sofa watching TV, eating snacks, miserable and depressed, collecting welfare, struggling to make ends meet, with three children under five and a husband who was a ward of the state. I was certain that everyone could see the ugly feelings inside me. I only left the house to buy food, go to the welfare office or when my children's school summoned me.

The day I joined OA, I listened to the shares. When my turn came, I said this was my first meeting, and I didn't know what to say. One man asked, "What's your name?" I responded, "Sylvia?" Everyone said joyfully, "Welcome, Sylvia." I was amazed: I had a name, and I felt proud. All my negativity flooded out in tears, and, suddenly, I felt safe. My negative feelings disappeared as I practiced the Steps and the Traditions. Today, uselessness and self-pity have become competence and security. I found myself in service to others. Self-pity became knowing myself and my worth. Now Sylvia has a beautiful life, children and grandchildren who make her proud, gainful employment, a college education, and a college professor for a husband.

-Sylvia H.

\*Excerpted in part from *Alcoholics Anonymous*, fourth edition (p84).